

**Herbal Photographs**

**Sam Biser's  
Save  
Your Life  
Collection**

**A Layman's Course  
in Curing Last-Stage  
Diseases**



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**Angelica** (*Angelica Sinensis*): The most popular herb in the world. One billion women in Asia use it for hormone balancing. When used as *part* of a program, helps stop female cancer and pancreatic cancer. Grows in China, but varieties grow in the U.S., on the East and West Coast. American varieties are not as strong as the Chinese counterpart, but can still produce excellent results. Use the *root*. Use only the highest grade.



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**Arnica** (*Arnica Montana*): A seriously underrated herb. Famous for healing serious trauma and tissue damage. Bone setters in primitive areas of Spain use it for broken bones. Use the flowers externally in tinctures. It forms a healing trio with two other yellow flowers, marigold and St. John's wort.



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**Black Cohosh** (*Cimicifuga racemosa*): A powerful anti-spasmodic for the nervous system and brain that's not used as much as it should be. It has stopped seizures in epileptics. It has helped people with brain tumors get off their Dilantin and other drugs and get onto black cohosh instead.





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**Burdock** (*Artium lappa*): Burdock has a strong affinity toward curing skin problems, especially cystic acne or skin problems that haven't responded to anything else. Anyone who says that burdock is not a strong blood cleanser has never drunk it. Burdock purges through the skin what's in your system.



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**Cascara Sagrada** (*Rhamnus purshiana*): Famous for cleansing the colon — an essential part of treating terminal disease. One of the greatest cathartics of all time. Bowel herbs used together have dissolved polyps in the colon and killed bowel cancers.



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**Cayenne Peppers and Habaneros:** A basic part of any cancer-killing programs, to move blood and to activate body energy. Most cancer patients involved in natural healing do not use anywhere near enough. Use the little lanterns, the habaneros, because they have the most heat energy. Make your own cayenne powder and tincture, but remember that tincture is not enough in serious cases.



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**Chaste Tree** (*Vitex agnus-castus*): Great for shrinking and eliminating female fibroid tumors. A powerful herb for female hormone balancing, one of the basics in a cancer-fighting program. You can find it in the U.S., but it is not that common.





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**Chaparral** (*Larrea Tridenta*): One of the top tumor-killing herbs in all of nature. Travel to the West to get some if you must. Profuse throughout California deserts, all of the Nevada deserts, and into Arizona. One of the most predominant plants on Interstate 15 between Las Vegas and Los Angeles. The branches have lateral stripes, almost like a zebra. Cancer patients have drunk quarts of this tea daily to cure themselves. Tastes horrible, but better than having cancer.





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**Comfrey** (*Symphytum x uplandicum*): This herb has an amazing ability to regenerate new tissue. A favorite of Dr. John Christopher, who used it in a formula to help regrow bones, nerves and muscles. Use externally in severe injury of trauma to the body, and internally as a tea. Can definitely be used to stop bleeding externally — and possibly internally too.



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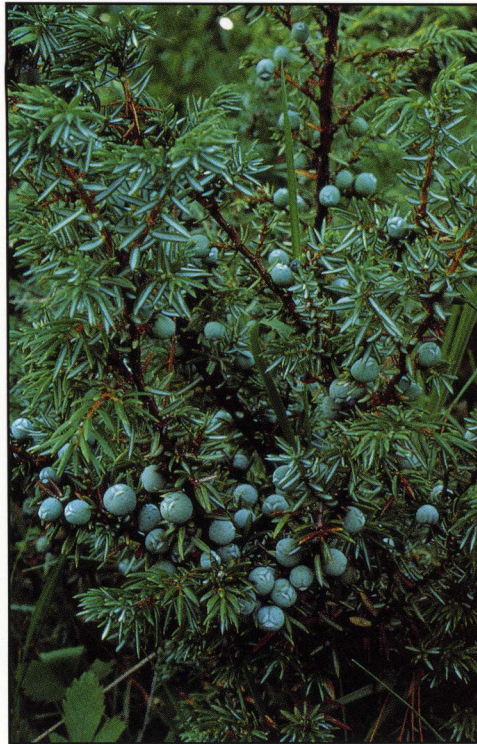
**Ginkgo biloba:** Use with other herbs like rosemary, cayenne and kola nut to get nutrients into the brain — not just in dementia, but in cases of brain tumors and milder brain disorders, such as ringing in the ears, which can drive some people almost to suicide. Make your own ginkgo tincture. Remember, ginkgo is the leaf of a common tree — not a plant.



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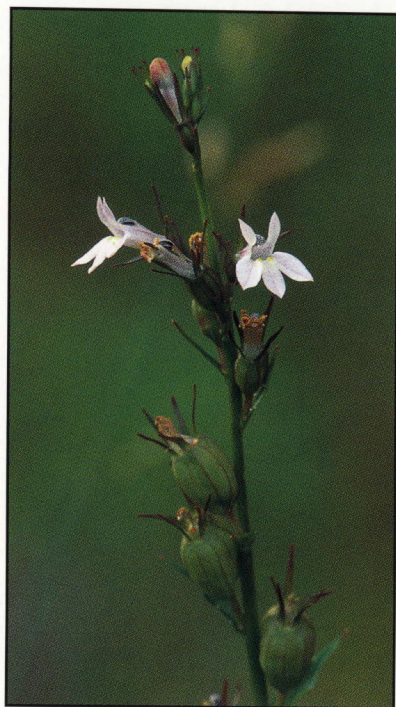
**Hops flowers:** Powerful sedative herb that is under-used, and remember, sedation is essential in critical cases. When you can't make tincture, one great way to get hops is to buy a real hoppy ale such as Chimay™, which is made by monks and is widely available. The yellow or orange-colored resin inside the flower is the strongest sedative part of the plant, so make sure when you buy hops that this has not been removed.





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**Juniper Berries:** This herb can save your life from kidney failure, and can be used with lobelia for better results. Get the berries in fall when they are a deep blue/purple. Commercial juniper berries are dried-out, low-potency herbal junk that people have taken for years without getting cured — until they try the real thing. One of the late Dr. Christopher's favorite herbs for the kidneys, along with parsley root. People were screaming in pain from kidney disorders and juniper berries saved them.



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**Lobelia inflata:** If cayenne is the King of herbs, this one is the Queen. A favorite of 19th-century Master Herbalist Samuel Thompson, who made it famous. It contains more active ingredients than any other herb except opium. Almost impossible to cultivate. Grows to a foot and a half high. Moves location year to year. Has tiny, slightly violet flowers and sometimes grows at the base of trees or in little open fields. Commercial tinctures are way too weak, and the low dosages used are ineffective. This herb can save human beings in seconds when nothing else can help.





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**Marshmallow** (*Althaea officinalis*): Wonderful for healing gangrene, when used in hot water with cayenne and ginger, with echinacea and garlic internally. Tends to grow in wet, damp areas, hence the name marshmallow. Dr. Christopher used it to help save people who were facing immediate and certain amputation without it.



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**Milk Thistle** (*Silybum marianum*): Use the *unripe* seeds when they are still *green*. Collect in summertime. Grows all over the Northeast. It is hard to go anywhere in our country and not find it. Everyone makes milk thistle sound exotic — but just make your own tinctures at home.



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**Motherwort** (*Leonurus cardiaca*): Used for cardiac arrhythmia. Not harsh or toxic like digitalis from foxglove. Also great for irregular periods and heavy bleeding in women. Add to hawthorn syrup to increase potency.



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**Mullein Flower** (*Verbascum thapsus*): One of the best herbs for the lungs and for glands. Dr. Christopher used it for children, for infected glands, even for dropped testicle. He used three parts mullein and one part lobelia for infected areas that won't discharge or dissolve. Famous for curing ringing in the ear, in oil form, especially when combined with St. John's wort oil and garlic oil.





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**Wild Oats** (*Avena Sativa*): You need the *unripe, green* oat seed when they are still a little milky — *not* the ripe fall oats you see in the picture above. Picked in early summer, a major nerve stimulant, which causes nerves to regrow and fire more frequently. Will stimulate nerve regrowth so well that patients complain that the regenerated nerves are too sensitive. It's nerve-powering ability created the expression, "That horse is feeling his oats." Use the unripe seed for *spinal cord injury, broken nerves, multiple sclerosis*, and in any disease where nerve regeneration is needed, as in *paraplegics*.





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**Pippisewa** (*Cimaphilla umbellata*): Great stimulator and cleanser of the kidneys — like other plants such as carrot tops, asparagus, parsley root and corn silk. Use the best kidney herb that grows right near you. People get hung up on having the right herb, when there is often one close-by that will do the job as well.



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**Poke Berries** (*Phytolacca americana*): A major, anti-cancer, anti-tumor herb. It was growing as an obnoxious weed all down my driveway in Virginia for years, but I didn't know what I was looking at. Grows more on the East Coast than the West. If it's not near you, take a summer trip, particularly to the South, and harvest it. One trip can provide you with enough tincture for years to come. Use the *root*. Use gloves when digging up the deep roots, because they can burn. Go out a foot and a half in all directions — and dig down a couple feet to make sure you get the entire root. You can also make poke oil, by tincturing it with olive oil. There is *no* shortage of this cancer-killing plant.



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**Prickly Ash** (*Zanthoxylum clava-herculis*): You use the bark. It should have almost the same effect in the mouth as echinacea: an acrid, tingling, fizzing on your tongue. That's where it got its name: prickly ash. For years, people in our country were not using the right stuff. This tree is an ash, and you shave off the inner bark, that area between the pulp of the tree and the outer bark. A powerful herb for *long-term blood stimulation*. Used by Dr. Christopher and a lot of doctors at the turn of the century.





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**Red Clover** (*Trifolium pratense*): A *major* cancer-killer. Red clover blossoms mixed with vinegar and made into a mash are great for curing external cancer tumors and leg ulcers. A recipe for another red-clover cancer-killing poultice is included in this Course. Must be harvested while blossoms are *purple* — before they turn brown and the power of the plant goes back into the ground. A seriously-underrated herb because it grows all over. Also, make sure your red clover was harvested *at the right time*.



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**Rosemary** (*Rosmarinus officinalis*): Rosemary is powerful at stimulating blood flow to the head, so it should be used with cayenne and ginkgo. Use it in a program to help cure brain tumors. Grows in dry *and* wet areas of the country. Use the *leaf*. Make a tincture out of it.





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**Sassafras** (*Sassafras albidum*): Famous as a blood-cleanser and blood-thinner. Use the root and the bark. The majority of herbs in your backyard or garden are blood-purifying herbs. Dr. Christopher did not consider this herb toxic. He said it was always possible to take one chemical out of an herb and find a problem — but he said that any herb like sassafras exists in its whole state with many compounds, and that he never had problems with it.



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**Skullcap** (*Scutellaria* spp.): One of *the* most powerful nerve stimulators. Be careful, it is one of the most adulterated herbs on the market. It is usually confused with an herb called germander, which looks almost identical. This photo is not enough. Get help from a botanist at your local school or university. Skullcap is worth the effort.



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**Slippery Elm** (*Ulmus rubra*): Never be without this herb. It can regenerate lost tissue — almost like aloe and comfrey does. Also makes a great poultice for holding cancer-killing poultices together. Use only the inner bark, a thin layer of plant material between the bark and the pulp. Remove inner bark in strips, so as not to harm the tree. This amazing herb can restore skin that has fallen apart from bedsores, and help restore people who are emaciated.





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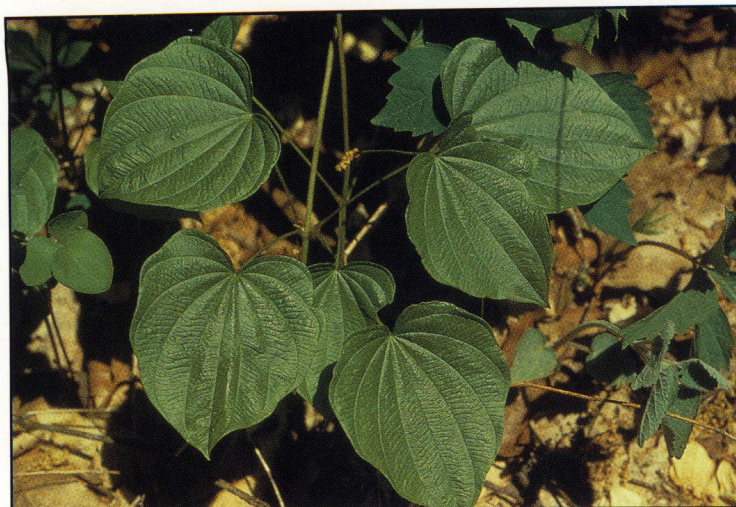
**St. John's Wort** (*Hypericum perforatum*): A nerve-regenerating and anti-viral herb. Great for collapsed veins. Has gorgeous yellow flowers that turn blood-red when squeezed into tincture. Grind up in blender with alcohol or olive oil. Traditionally harvested at its peak in the middle of June or July. But there could be a month before or after before the flower starts turning brown. Grows on the East Coast, West and Midwest. Never be without this herb. It can help promote "miracle" healings.





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**Valerian** (*Valeriana officinalis*): A mighty nerve calmer — not the mild bedtime herb that natural healing dabblers believe it to be. The English used valerian during the World War II bombings of London to help them survive the trauma. Takes the “edge” off terminal patients who are full of fear, which interferes with their recovery on this program. It has even helped calm down stressed-out babies who were 2-3 months old. Beware, lots of valerian sold is inferior. The real thing is highly potent. This herb loses potency fast when harvested. Therefore, grow it in your garden. Dig out two square feet of dirt and shake it loose. the roots are fine like hair. Tincture it *immediately*.



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**Wild Yam** (*Dioscorea villosa*): Second only to lobelia as an anti-spasmodic. Famous for stopping intestinal spasms. Much more potent than many natural healers believe, but herbalists never saw toxicity with it. The root of this heat-loving plant contains many chemicals that are effective in balancing female hormones. If the female hormones are not balanced, a woman is prone to hormone crash and the triggering of genetic bombs that go off past 40, once hormones decline or go out of kilter. This herb is easy to grow.

**Two recommended books.**

**A Field Guide to Medicinal Plants** by Steven Foster. This is Houghton Mifflin's Peterson series. This book covers medicinal plants, whereas the next series of books covers wildflowers, whether they are medicinal or not.

**Petersen's Field Guide Series for Wildflowers.** This has editions for about 25 different areas of the United States. Get the guide for the area closest to you.